GOOD FOOD FOR CHILDREN

Other Books by Ambrose Heath

★

GOOD FOOD
MORE GOOD FOOD
GOOD FOOD WITHOUT MEAT
GOOD SOUPS
GOOD POTATO DISHES
GOOD SWEETS
GOOD SAVOURIES
GOOD DRINKS
VEGETABLE DISHES AND SALADS
THE BOOK OF THE ONION
THE NEWS CHRONICLE COOKERY BOOK
THE COUNTRY LIFE COOKERY BOOK
DINING OUT
MADAME PRUNIER'S FISH COOKERY BOOK
OPEN SESAME: RECIPES FOR TINNED FOOD
FROM CREEL TO KITCHEN: RECIPES FOR RIVER FISH
SAVOURY SNACKS
AMERICAN DISHES FOR ENGLISH TABLES
COOKING IN WARTIME
WHAT'S LEFT IN THE LARDER?
GOOD FISH DISHES
THE COOK'S COMPANION
KITCHEN FRONT RECIPES: EXTRACTS FROM BROADCASTS
WARTIME RECIPES

with C. H. Middleton

FROM GARDEN TO KITCHEN

GOOD FOOD FOR CHILDREN

by

AMBROSE HEATH

FABER AND FABER LTD
24 *Russell Square*
London

FIRST PUBLISHED IN MAY MCMXLI
BY FABER AND FABER LIMITED
24 RUSSELL SQUARE LONDON W.C.1
PRINTED IN GREAT BRITAIN BY
LATIMER TREND AND CO LTD PLYMOUTH
ALL RIGHTS RESERVED

For
SUKINS

ACKNOWLEDGMENT

One or two recipes in this little book have been published in *Housewife*, including the Note on Cereals, and thanks are due to the Editor for permission to reprint them.

CONTENTS

AUTHOR'S FOREWORD	*page* 13
A NOTE ON CEREALS	15
SOUP	19
FISH	29
EGGS	41
MEAT	51
VEGETABLES	61
PUDDINGS	75
THE LITTLE INVALID	95
SWEET-MAKING IN THE NURSERY	107
CLASSIFIED INDEX	119

AUTHOR'S FOREWORD

This is not a book about children's diet: every wise mother is supposed to know all about this. Neither is it a book designed especially for wartime: what is best will always find its way to the children's table. But, however wise she may be and however unselfish, mother is sometimes at a loss to vary the nursery meals, and it is hoped that this little collection, designed for children of all ages, will be of some help to her.

A.H.

Holmbury St. Mary,
7 *February*, 1941.

A NOTE ON CEREALS

A NOTE ON CEREALS

The many cereals which are on the market nowadays may sometimes become a bit dull by themselves, and we should do well to take a leaf out of the American cookery books to see how they can be varied. In these ways, for example:

Mix with the prepared cereal sliced bananas or other fresh fruit, as for instance when they are in season, strawberries, raspberries and blackberries, etc. Serve with cold baked apples or stewed pears. Cooked cereals (which can be prepared overnight and then either served cold or warmed up) can be usefully combined with tinned, fresh or dried fruit, in the following ways: Stir in just before serving any dried fruits like sliced dates, apricots, figs, prunes, stoned raisins or sultanas or currants, first swollen in a little hot water. Fresh or tinned fruit, whole or in slices, should not be stirred in, but put on the top of each helping; or if preferred the fruit can be put into the dish in layers with the cereal, or in a layer at the bottom and top only. An interesting variation is to sprinkle cooked cereal with ready-prepared cereal, the contrast of the crispness and softness being excellent. And lastly, there

is always cold cooked cereal to consider, and very good it is, too. But take the trouble of moulding it in little individual shapes, which look so much more appetising, and when they are turned out, serve them with fresh fruit or with a fruit sauce which you have made the night before.

SOUPS

SOUPS

APPLE SOUP

Strain a quart of beef stock or mutton broth, bring it to the boil and throw in half a pound of peeled and chopped apples. Stew them till they are quite soft, then strain the soup and season it with plenty of pepper and half a teaspoonful of ground ginger. Plainly boiled rice can be served with this.

APPLEDORE SOUP

This is an American variation of ordinary Potato Soup, made by adding three or four tablespoonfuls of Tomato Sauce to the soup just before serving.

BEETROOT SOUP

If we cannot afford the time or the expense of preparing an elaborate Russian *Bortsch*, we can try a more modest Beetroot Soup. Bake three beetroots in water for three hours, then peel them and chop them up with a head of celery. Have a pint of water and the same measure of milk in a saucepan, and cook the beetroot and celery in this till they are soft enough to pass through a sieve.

BRUSSELS SPROUTS SOUP

Boil a pound and a half of prepared Brussels sprouts in salted water with a pinch of sugar until they are tender, and then drain them and rub them through a sieve. Put this *purée* into a stewpan, add three pints of good stock, bring to the boil and simmer for a few minutes, skimming if necessary. Season to taste with salt, pepper, and nutmeg.

BUTTON ONION SOUP

Take a handful of nice white button onions of the same size, peel them and fry them lightly in very little margarine without browning them. Add a coffee-spoonful of sugar and fry on until the onions are golden. Then add a pint and a half of vegetable stock, add a little salt, some pepper, boil for a quarter of an hour and serve with *croûtons* of fried bread. This is particularly good if the stock from some chicken giblets is used.

CARROT AND TOMATO SOUP

Take twice as many carrots as tomatoes. Slice the carrots and stew them in margarine with a slice of onion, a piece of celery, a sprig of parsley, and a bacon bone. Add the tomatoes cut in quarters, a teaspoonful of sugar, and the same of cream of tartar. Moisten with the necessary quantity of stock, and when the carrots are quite done, take out the bacon bone and the parsley, and pass the rest through a sieve. Serve with *croûtons* of fried bread.

SOUPS

CAULIFLOWER SOUP

Cook a cauliflower in boiling salted water for twenty minutes, then cut it in half. Set half aside and keep it warm, and pass the other through a coarse sieve. Now chop a small onion and a stick of celery (in the summer use celery salt in the seasoning) and fry them for a few minutes in two ounces of margarine with a bayleaf. Take out the bayleaf and stir in an ounce of flour. Add to this two pints of white stock, stirring well. Meanwhile, boil a pint of milk and mix it with the cauliflower *purée* and then add it to the stock. Season to taste, strain, and put in the rest of the flower which you have broken into small pieces. Serve with *croûtons* of fried bread.

CREAM OF CABBAGE SOUP

Shred up a small cabbage and put it into a saucepan with enough boiling water to cover it (the water should be slightly salted), and cook it for half an hour. Now add one medium-sized potato cut in slices and cook for another half hour. Mash up the potato in the soup with a wooden spoon, and add a small piece of margarine and as much milk as you like to dilute the soup to your taste. Season with a little pepper and cook for another ten minutes.

HERB SOUP

Cut a handful of sorrel leaves and the same of lettuce in fine strips, and chop up rather coarsely the leaves (no stalks) of half that quantity of watercress and chervil. Let them all 'melt' for half an hour in a little

margarine or lard, then moisten them with a quart of hot water. Add three medium-sized potatoes cut in quarters, and salt to your taste. Cover and boil gently for half an hour. Rub through a fine sieve, boil up for a minute and finish off the fire with a little margarine.

LEEK AND POTATO SOUP

Peel a pound of potatoes and cut them in quarters. Cut the white part of three leeks into thin slices, and fry them until they are soft but not at all browned in a little margarine. To them add the potatoes and a pint and a half of hot water. Season with salt, put on the lid, bring to the boil and boil quickly for twenty minutes or so. When the potatoes are soft, pass them through a wire sieve, rinse the saucepan, put the *purée* back into it, bring just to the boil and simmer very gently for five minutes. Correct the seasoning, adding pepper, and a small piece of margarine. Serve very hot, with *croûtons* of fried bread.

LEEK, POTATO AND SORREL SOUP

'Melt' an ounce and a half of sorrel in a little margarine, and put it with the white part of four or five leeks cut in thin slices and two pounds or so of thinly sliced potatoes into three pints of salted water. Cook until the vegetables are half done, and then throw in three ounces of broken vermicelli.

MINESTRONE

For this soup you will want some veal or chicken stock, and in it you must boil any vegetables that are

at hand: potatoes, carrots, turnips, all cut in small slices, some shredded cabbage, a few onions sliced and lightly fried, chopped parsley, little pieces of lean bacon. Do not stint the vegetables, as there should be plenty, and introduce them into the stock in the order of their cooking, that is to say, put in first those that take the longest time to cook, so that all are finished together. About twenty minutes before serving, throw in some inch-long pieces of macaroni or spaghetti. Grated cheese may be sprinkled on each helping at the table.

PEASANT SOUP

For this you want two carrots, two onions, two leeks, two tomatoes, two potatoes, and a small turnip. Slice them all up and fry them for a little in margarine. Now add a few sprigs of parsley, a clove, a few pounded peppercorns and, of course, salt, and gradually add enough hot water which, after boiling for about an hour, will be reduced to the quantity needed. When the soup is cooked, rub the vegetables through a sieve. But be sure to use water instead of stock, so as to preserve the simple flavour of the vegetables.

POTATO SOUP

Slice a pound of peeled potatoes and one onion, and fry them a little in an ounce of margarine without browning them. Pour in a quart of good stock, or water, add half a dozen peppercorns (tied in muslin), and boil for half an hour. Then rub through a sieve, season, dilute to taste with milk, heat through again, and serve.

SOUPS

SPLIT PEA SOUP

Put into a saucepan a large cupful of soaked split peas, a couple of onions each stuck with cloves, two carrots and two turnips cut up in pieces, and a small cooked ham or bacon bone. Season with pepper and pour over two quarts of hot water. Boil for about six hours, or even more, and then strain through a fine colander. A thinnish-thick soup. Fried *croûtons*.

TOMATO SOUP

Cut a couple of large onions in slices and cook them slowly in a little pork fat for a few minutes. Add half a dozen quartered tomatoes and cook a little longer. Pour on them a pint and a half of boiling water with salt and plenty of pepper. Bring to the boil and simmer till the tomatoes are well cooked. Sieve, and serve, if you care for it, with vermicelli which has been cooked in it for five minutes. Grated cheese might well be added. It makes a pleasant thicker soup, if it is bound at the last with potato flour.

TURNIP AND POTATO SOUP

Cook four turnips and two large potatoes in three pints of water until they are soft, then pass them through a sieve and add a quarter of a pint of milk, a small piece of margarine, a teaspoonful of chopped parsley, and salt and pepper to taste. Boil up, and serve.

VEGETABLE SOUP WITH SAUSAGE BALLS

Cut up finely a good-sized carrot, two or three sticks

of celery and a couple of onions, and fry them in an ounce and a half of margarine until they begin to colour. Stir in an ounce and a half of flour, and let this cook with them and brown lightly. Moisten with two quarts of stock, and stir till it boils. Put in a couple of ounces of rice, and simmer until the vegetables are cooked. Now add some little balls of sausage-meat, rolled in floured hands to the size of marbles, and let them poach in the soup for a quarter of an hour. Then season to taste and serve.

WATERCRESS SOUP

Cook a pound of floury potatoes till they are about three-quarters done, then add a bunch of watercress well washed and chopped. When the potatoes are done, strain them and the cress through a wire sieve and put this *purée* back into the saucepan with some water and cook a little longer without boiling. You can adorn it with a few chopped leaves of the cress and, as it is a thick-thin soup, with tiny squares of fried bread.

FISH

FISH

BAKER'S COD

Take a piece (cutlet) of the size you need from the middle of the fish. Put it in a shallow fireproof dish, surround it with quartered raw potatoes and well-blanched little onions. Season with salt and pepper, brush over with melted butter and bake in the oven, basting often with margarine. Sprinkle with chopped parsley on serving.

BOILED FISH CAKES

Chop up finely a shallot or small onion and fry it in an ounce of margarine with a good tablespoonful of chopped ham or bacon. Then stir in an ounce of flour and a quarter of a pint of milk, mix well together and boil for a few minutes. Take it off the fire and stir in a beaten egg and half a pound of finely flaked cooked fish. Let it get cool, shape into little balls and poach them in boiling fish stock for five minutes or so. Serve with an anchovy sauce.

COD'S ROE, FRIED

When I was a child, I used to like this fresh roe very

much. After the roes had been cooked, they were allowed to get cold, then skinned and cut in slices about half an inch thick. These were seasoned with salt and pepper, and egg-and-breadcrumbed and fried. I seem to remember tomato sauce with them.

COD'S ROE PIE

Boil a pound of fresh cod's roe in salted water for twenty minutes, drain it, skin it, and chop it up. Add to it a teacupful of breadcrumbs, a finely chopped hard-boiled egg and some chopped parsley, and moisten it with some of the water in which the roe was cooked, seasoned with salt, pepper and anchovy essence. Put this mixture into a pie-dish, cover it with mashed potato (or with Potato Pastry, see page 34), and bake in the oven until the top is golden.

FISH, BAKED

Not so usual in this country as it is in others. Cut the fish in pieces of a size for serving, dip them in salted milk (using three teaspoonfuls of salt to each half-pint of milk), and then roll them in fine breadcrumbs. Arrange them in a greased baking tin or fireproof dish, sprinkle them with melted butter or margarine (using three teaspoonfuls to each pound of fish), and brown quickly in a very hot oven. They will take about ten minutes.

FISH BOX

This can be made either with rice or potato.

(1) With rice. Line a greased bread or cake tin with

warm boiled and well-drained rice, and fill up the middle with any sort of flaked cooked fish bound with a thickish sauce. Put a lid of rice on the 'box', and steam for an hour. Turn out upside-down, and serve with more sauce round it.

(2) With potato. Do exactly the same, but use mashed potato bound with egg instead of the rice; and bake the box instead of steaming it.

FISHCAKES

Besides being made with fresh cooked fish, these can be made easily and well with sardines or tinned salmon. If you bind them with an egg, they can be baked instead of fried, which saves time and possible trouble. I have found that our small Sukins rather appreciates a touch of cinnamon in the salmon fishcakes. It is worth trying. Chopped parsley can of course be added to either. A little while ago I came across some tinned mackerel, which was really extremely good in a fishcake, but the rather dingy colour was against it, more particularly from a child's point of view. Tinned Newfoundland codfish makes quite good fishcakes, too.

FISH FRICASSEE

This is a good dish for the nursery. Simmer half a pound of white fish with a small blade of mace, two or three sprigs of parsley and a pinch of nutmeg in three-quarters of a pint of water very slightly until three-parts cooked, then strain off the liquid and flake the fish. Now melt half an ounce of margarine, stir in half

an ounce of flour, and moisten with a quarter of a pint of the fish stock, half that amount of milk and boil for three or four minutes. Correct the seasoning, add the fish-flakes, with a teaspoonful of lemon juice, make the whole thing hot, and serve.

FISH PIE

I like this better than the usual fish mixture with mashed potato on top. Cook the fish and flake it into rather large pieces. Parboil some potatoes, and cut them into thickish slices. Grease a deep dish, and put alternate layers of fish and potato into it, seasoning as you go, but lightly. When the dish is nearly full, pour in enough white sauce (made with part fish stock) to fill it, sprinkle with plenty of breadcrumbs on top, dot with margarine, and bake until the top is brown and the potatoes done. If liked, a cheese sauce can be substituted for the plain white one.

FISH PIE (2)

For those children who are allowed to eat pastry, do not forget that for a change a fish pie (or for that matter a Shepherd's Pie, too) can be covered with pastry instead of potato. The following Potato Crust may be found useful.

POTATO PASTRY

Sieve four ounces of self-raising flour with a quarter of a teaspoonful of salt, and then rub two ounces of fat into it with the finger-tips, until the mixture looks like

breadcrumbs. Now rub lightly in this two ounces of sieved cooked potatoes, and mix finally to a stiff dough with a little cold water. Knead well with the hands, and then roll out and use like ordinary pastry.

FISH PUDDING

You can make this with almost any sort of fish, freshly cooked or tinned. If you are using tinned salmon, use the liquor from the tin, with milk, to make up the half a gill in the recipe. Flake the fish and pound it up well, adding (for half a pound of fish) an ounce of margarine. When this is quite smooth mix in a beaten egg, half a gill of milk (or milk and tinned fish liquor), half to a whole teaspoonful of chopped parsley, and an ounce of breadcrumbs. Season as you wish, turn into a greased pudding basin or *soufflé* dish, and steam for an hour very gently. Turn out to serve covered with some nice sauce.

FISH SOUCHET

Children who like soupy dishes may like to try this, especially if they are feeling a little delicate. Have a lemon sole filleted (or a whiting would do), and roll up the fillets with the skin inside, tying them with cotton. In a quarter of a pint of water (or if the child has a very fishy taste, in the same amount of stock made from the bones and trimmings of the fish), simmer six peppercorns, a small blade of mace and two or three sprigs of parsley for ten minutes. Then strain the liquid, put it back into the pan, and cook gently in it until they are done half a small carrot and a quarter of a shallot both

cut in fine shreds. Now put in the prepared fish fillets, season with a touch of pepper and a little more salt if necessary, simmer gently for about ten minutes, and finish with a few drops of lemon juice. Serve the fish in the liquor, and try giving brown bread-and-butter with it.

FISH WITH SPINACH

See EGGS WITH SPINACH (page 46), using a lightly cooked fillet of fish instead of the egg.

HERRINGS, BAKED

See FISH, BAKED (page 32), and serve the herrings with a squeeze of lemon juice over each.

HERRINGS, BOILED

Grilled or fried herrings are perhaps a bit rich for some children: boiled they could never be so, and it would be rather fun to eat them with—gooseberry sauce, in the old-fashioned way! Sprinkle the herrings with salt, dip them for a second in vinegar, and then plunge them into boiling water, where they must simmer very gently indeed for about ten minutes. The gooseberry sauce is a not-very-sweetened *purée* of gooseberries, preferably green ones. Or you could have a parsley sauce, if you would rather.

HERRINGS, FRIED

If herrings fried or grilled in the ordinary way are not approved of, the nutty taste of coarse oatmeal, if

this is used to coat them before frying, may do the trick. Split and bone the fish before oatmealing them. They are nicer in this way.

KEDGEREE

See SAVOURY RICE (page 58), using fish stock instead of meat stock, and mixing with the rice when cooked flakes of cold cooked fish, fresh or smoked, and perhaps a good sprinkling of parsley, and a chopping of hard-boiled egg, the white in the rice, and the yolk on it.

SALMON LOAF

Take two breakfastcupfuls of tinned salmon, flaked, and mix them with half a cupful of fine breadcrumbs, four tablespoonfuls of margarine, two slightly beaten eggs, a tablespoonful of finely chopped parsley, salt, pepper and perhaps a little grated nutmeg or powdered cinnamon. Put this mixture into a greased mould, and either steam or bake in a moderate oven in a pan of hot water. In either case it will take about an hour. Serve it with a suitable sauce poured over and round it.

SCALLOPS

Put the scallops into cold water, slightly salted, bring to the boil slowly and poach them for five minutes. Take them out, drain them, cut off the little hard bit at the side of the white part, and cut them up. Now you can serve them either (1) put into their own deep shells, covered with buttered crumbs and browned in the oven, or (2) bound with a white sauce made with

milk and some of the cooking liquor from the scallops, in one big dish or in their own shells again, or (3) in the same sauce lightly flavoured with cheese or tomato, or (4) allowed to get cold in the sauce, and baked in little pastry turnovers.

SOLE IN TINY FILLETS

Children are sometimes touchy about fish, but this pleasant way with sole (or any white fish) usually overcomes their prejudice. Have the fish filleted, and then cut the fillets slantwise into little thin strips about the size of a large whitebait. These may now either be shaken in a floured and seasoned cloth or egg-and-breadcrumbed and fried in deep fat, or they may be gently steamed or just poached in a little salted water with a touch of lemon juice in it to keep them white. If you are steaming or boiling them, be careful how you handle them, as they are very liable to break. Serve them with a sauce of some kind, anchovy or parsley for example, whichever way you cook them.

SPRATS, BAKED

Sprats may be slightly less rich if baked instead of being fried, though to fry them simply in hot salt in a heavy frying-pan decreases their oiliness. Grease a round baking-tin, and arrange the sprats in it in a circle with their tails in the middle. Sprinkle them with plenty of salt, pepper and lemon juice, and repeat the layers until the dish is full. Put a few bits of margarine on the top, and sprinkle with chopped parsley. Bake until the sprats are done, which will take about half an

hour if there are many layers, but less if there are only one or two, and serve in the same dish. When tomato *purée* is available, it is a good idea to sprinkle a little between the layers, or sliced and peeled raw tomatoes would do.

WHITING, BAKED

Most children love to have their whiting with its tail in its mouth, but this acrobatic feat must be for special occasions. Try skinning and splitting the whitings and laying them, flesh side up, in a baking tin. Dredge them very lightly with flour, and season with salt and pepper. Dot with a few bits of butter or good margarine, and sprinkle a little parsley over them. Bake for about half an hour in a moderate oven, basting them with the fat. Serve as they are.

EGGS

EGGS

BREAD OMELETTE

Soak a teacupful of stale breadcrumbs in a teacupful of milk for a quarter of an hour, then add four beaten egg-yolks and a seasoning of salt and pepper. Now fold in the whisked egg-whites, pour into a buttered omelette pan, and when the bottom is browned and the omelette puffed up, put the pan under the grill or in the oven to finish the top. You can serve with a white sauce poured round it if you like.

COUNTRY EGGS

This is rather nice. Cut some bacon in dice, fry them, and keep them hot. In the same fat fry also some small cubes of raw potato until they are golden outside but soft within. Put these into a shallow fireproof dish (which you have first buttered), and add a little chopped parsley and a seasoning of salt and pepper, and break as many eggs as you want on top. Bake these in the oven until they are set, and serve at once.

EGGS BAKED IN MASHED POTATO

Put a thick layer of mashed potato in a shallow fire-

proof dish, and make four good hollows in it. Into each of these break an egg, and put a tiny bit of margarine on each egg. Bake until the eggs are set, and serve sprinkled with chopped parsley.

Alternatively, mix the potato *purée* with some other ingredient: e.g. flaked smoked haddock, minced ham or tongue, etc.

EGGS BAKED IN TOMATOES

Cut a piece from the stem end of a ripe tomato, scoop out the pith and pips and juice, and break an egg into the tomato. Sprinkle with a little salt and pepper, and either bake in a moderate oven as it is, or cover first with breadcrumbs mixed with a little melted margarine.

EGGS IN BREAD SAUCE

Make a white sauce, using milk in which you have infused an onion stuck with a clove or two, as you would in making bread sauce. Butter a large fireproof dish and spread in the bottom of it a layer of the sauce at least a quarter of an inch thick, and spread over this a good layer of fine white breadcrumbs seasoned with salt and pepper and, if you like, mixed with a little finely grated cheese. Put the dish into the oven to heat for a few minutes without the sauce boiling, then take it out and break carefully into it half a dozen eggs. Sprinkle these with a layer of fine lightly browned breadcrumbs, and bake the dish just long enough for the eggs to set. Grated cheese may be added to the browned breadcrumbs, too, if you wish.

EGGS IN POTATOES

Get some nicely shaped large potatoes, and bake them in the jackets. Cut a piece of the top (or if they are very large, cut them in half crosswise), scoop out the inside, and mash this up with a little margarine, salt and pepper (perhaps a touch of nutmeg, too, if it will be liked), and you can add if you wish some finely chopped parsley or ham or both. Line the potato skins with this, break an egg into each, and bake it in the oven until the white is set. Or you can put inside a lightly poached egg, cover this with more potato mixture, and brown the top very quickly in the oven or under the grill: but you must be quick or the egg will be hard.

EGGS IN POTATOES WITH SPINACH

Bake some large potatoes in their jackets, cut them in half and scoop out most of the inside, which can be used later for mashed potato Put a layer of spinach *purée* into each potato-half, and on this break an egg. Season, and bake in the oven until the white is set.

EGGS, POACHED, ON HADDOCK

Make a nice creamy *purée* of smoked haddock, spread it on rounds of buttered toast, and surmount each by a poached egg.

EGGS, POACHED, ON HAM

Do the same on a *purée* of ham.

EGGS, POACHED, ON TONGUE

Ditto, on tongue.

EGGS, SCRAMBLED, IN POTATOES

Bake some largish potatoes in their jackets, and when they are done, cut them in halves and scoop out the inside. Mash this well with a little margarine and a touch of milk, and line each potato half with some of it. Keep these hot while you scramble some eggs, and when they are done, pile them up in the potatoes, top with a pinch or two of chopped parsley, and serve very hot. This dish can be varied as suggested under SAVOURY SCRAMBLED EGGS (page 48).

EGGS, SCRAMBLED, IN TOMATOES

Cut off the stem of a ripe tomato, scoop out the pith, pips and juice, sprinkle with a little salt and pepper, and put into the oven for a few minutes to warm through without cooking. While this is being done, scramble your eggs (adding a little tomato pulp to the mixture if you like), and when this is ready, fill each tomato with some of it, and serve as they are or on buttered toasts.

EGGS WITH SPINACH

It may sometimes be necessary to induce children to eat spinach. A lightly poached egg may be dished on a bed of spinach *purée*, or cooked leaf spinach, and covered with a lightly flavoured cheese sauce which is browned quickly under the grill without hardening the egg. Fish can be treated in the same way. (See page 36.)

EGGS

FLUFFY EGG NEST

Beat an egg-white stiffly with a tiny pinch of salt, and arrange it on a piece of buttered toast, making a depression in the middle of the white. Put half a teaspoonful of butter in this depression and then add the egg-yolk, and bake in a moderate oven until it is set. Attractive.

PORTUGUESE EGGS

Scramble some eggs, dish them in a circle, and fill the centre with a thickish stew of tomatoes.

Or mix some tomato *purée* made from fresh tomatoes with the eggs just when the scrambling is nearly finished. But the first way is the better.

ROUND POACHED EGGS

For a change the round poached egg, entirely covered with white, may be diplomatically more suitable for a child's breakfast. Here is a recipe from an American cookery book. Put three pints of boiling water into a saucepan and add one tablespoonful of vinegar (this keeps the white of the egg from breaking) and half a tablespoonful of salt. Stir vigorously round and round the edge of the saucepan (using a wooden spoon held in nearly upright position), while water is boiling rapidly. As soon as a well is formed in the middle of the water, slip in an egg. Remove to back of range or lower heat until white is set. Take out with a skimmer and trim. Repeat for each egg.

SAVOURY CUSTARD

Beat three eggs slightly, then add to them a gill and a half (three-eighths of a pint) of milk, a little salt and pepper and a few drops of onion juice. Strain this into small moulds, and bake these in a pan of hot water in a moderate oven until the custard is firm. Serve them with Bread sauce.

SAVOURY PANCAKES

Make a pancake batter with one egg, half a pint of milk and four ounces of flour, and mix in with it some finely chopped onion, parsley and a very little chopped thyme. Fry pancakes with this mixture in the usual way. Chopped cooked meat or fish can be added, if desired.

SAVOURY SCRAMBLED EGGS

Mix with ordinary scrambled egg, just when the scrambling is near its end, some chopped parsley with a little chopped green spring onion; or some chopped tongue or ham; or some fish like smoked haddock; in fact, anything you think will attract and nourish.

SCOTCH WOODCOCK

Children who dislike the eggy taste of buttered egg may find this well-known savoury to their liking. Simply spread the toast with margarine mixed with a little anchovy essence or paste, and serve the scrambled egg upon it. Other fish pastes could also be used if desired.

SHIRRED EGGS

An American form of baked egg which is novel and pleasing. Butter a small individual baking-dish, and cover the bottom and sides with fine bread or water-biscuit crumbs. Break an egg into a cup and carefully slip it into the dish, and cover it with more crumbs seasoned and mixed with a little melted butter or margarine, and bake in a moderate oven until the white is firm and the crumbs browned.

SOFT-BOILED SHELLED EGGS

Very often a pleasant and digestible surprise can be given, if these eggs appear to take the place of hard-boiled ones. You will see how they can be used, for instance, in place of poached eggs. The egg should be put into boiling water, and immediately the water comes to the boil again, it should be given five minutes, if it is a very small egg, six minutes if it is a medium-sized one. Then take it out and plunge it at once into cold water, after which you should be able to shell it easily. The white will be firm, but the yolk still soft.

These eggs (which in French are called *Oeufs mollets*) can be served on toast like a poached egg, or with some such sauce as a white, tomato or cheese one.

MEAT

MEAT

APPLES WITH BACON

For a change apples can be fried with the morning bacon, or with sausages. Core a couple of cooking apples, but do not peel them. Cut them in thickish slices, dip them in a little milk and then in flour, or fine oatmeal, and fry them golden on each side in the bacon or sausage fat.

BANANAS WITH BACON

If the supply of tomatoes runs short, bananas cut in long slices can be pleasantly fried in the bacon fat.

CORNISH PASTY

Cut some beef or mutton, trimmed from fat and bone in smallish pieces, and chop very roughly a peeled potato or two and a turnip or onion. Roll out some short-crust pastry into a round about the size of a dinner-plate, and on half of this, put some potato and turnip or onion, some seasoning of salt and pepper, then the meat, then more vegetables and seasoning, fold the pastry in half to make a turnover, pinch the

edges well together (using a little water to stick the paste), make a small slit in the top, and bake for about an hour, not more, first rather fast and then more slowly.

GRILLED BEEF

This sounds a bit beyond the average child's appetite, but if you try on him (or rather on two of him) the restaurateur's *entrecôte minute*, it will not be too overpowering. Get the butcher to cut you a thin slice from between the ribs or sirloins of beef, beat this even flatter when you get home and grill it very quickly on each side. Actually even less than a minute on each side is quite enough. Serve it quickly with a *Maître d'hôtel* butter.

HAMBURGERS

Older children will like these, not only because they taste nice, but because Popeye's friend, Wimpy, is so fond of them. You want some finely chopped raw beef (the butcher will do this for you), and all you have to do is to shape this, with as little handling as possible, into small flat round cakes, and either grill them, or fry them in a heavy pan with the least possible amount of fat. After they are done (they should be browned outside and still pink inside), sprinkle them with salt and pepper, and spread them with a little softened butter or margarine. They can be seasoned before cooking with a little onion juice or herbs or spice, if liked.

HOME-MADE POTTED BEEF

Home-made potted meat is always a great treat. Cut

up finely a pound of raw beef, remove all skin and put it into a stone jar with two tablespoonfuls of water, a blade of mace and plenty of salt and pepper. Tie down with grease-proof paper, and let it stand in a pan of water in a slow oven for three or four hours. Then put it two or three times through the mincer (if you like, rub it through a sieve), mix well with an ounce of butter, press it into little jars, and cover with melted margarine or lard.

LIVER DUMPLINGS

Allow a good slice of liver for each person, and mince the slices well together with a sharp knife. Season well, add two yolks of egg, three tablespoonfuls of flour, some onions fried golden and parsley chopped together, and lastly the egg-whites well whipped. Soak some breadcrumbs in milk, squeeze them fairly dry, and make into a paste with the rest of the mixture. Shape this into little balls, and poach them in boiling water for about twenty-five minutes. When they are drained and ready to serve, arrange them in a dish, and pour over them some butter and the little bread *croûtons* which have been fried in it.

MEAT PUDDINGS

For older appetites, do not forget how the too usual steak or steak-and-kidney pudding can be varied. Try:

Mutton or lamb, with a little onion and perhaps a kidney or two.

Rabbit, also with onion and even with a few bits of pickled pork.

Leeks and a little pickled pork to give substance, and potatoes might be added in slices.

All these are made in the same way as steak-and-kidney and very good they are, especially the rabbit pudding, in which the rabbit should, of course, be inserted raw and not first cooked.

MUTTON STEW

This can be either boiled or baked. If it is boiled, it becomes Irish Stew. If it is baked, it is a Hot Pot. The ingredients are one pound of neck of mutton, not too fat and cut in convenient pieces: one or two pounds of potatoes peeled and cut in thick slices: half a pound or so of onions, salt, pepper and half a pint of water. Put the vegetables and meat in layers into the pot or stew-pan, seasoning as you go, and then add the water. Stew gently for two hours, or bake for two hours and a half, in each case with the lid on. When the hot pot has baked for two hours, take off the lid and let the top potatoes brown.

MUTTON STEW (2)

I have come across a number of recipes for a South African dish called Bredee of Mutton. Mrs. Roundell dismisses it simply by saying 'A Brady. This is a favourite stew in South Africa, and is made exactly like Irish Stew, only that the potatoes and onions are replaced by tomatoes.' For simplicity's sake we might try it on the nursery like that one day, but it would be better to allow the tomatoes to replace the potatoes only and to ration the onions.

RABBIT AND MACARONI PIE

Boil a rabbit until you can take the meat easily from the bones, and boil also two or three ounces of macaroni. When it is done cut it into shortish strips. Now make a white sauce with some of the broth in which the rabbit was cooked, adding a little milk, see that it is well seasoned and mix the rabbit and macaroni with it. Put this all into a pie dish, sprinkle it with plenty of breadcrumbs, mixed, if you like, with grated cheese, dot with a little margarine, and bake in the oven until the top is browned.

RABBIT CASSEROLE

This is a little unusual. Cut up two young rabbits into small joints, and put the pieces into a casserole, interspersing them with a forcemeat made with a tablespoonful each of mixed herbs, chopped onion and chopped parsley with half a pound of breadcrumbs, salt and pepper, an egg for binding and perhaps a little milk to moisten, but very little. On top of all this put a layer of chopped fattish bacon, pour over a teacupful of milk, put on the lid and cook very gently in the oven for about three hours.

SAUSAGES IN POTATOES

Too much sausage may not be too good for youngsters: this dish will satisfy everybody. Peel and cut some medium-sized potatoes in halves lengthwise, and scoop a good hole out of each, so that they are like little boats. (You can use the scoopings with some other

potato for making a potato soup for to-morrow.) Stuff these holes with sausage meat. Put the potato-halves in a shallow fireproof dish, and pour in some good stock to come a little more than half-way up the potatoes. Bake in a moderate oven until the potatoes are done, basting them now and then. It will take inside the hour to cook them, and jolly good they are!

SAVOURY RICE

Measure out some rice, and melt about a tablespoonful of good dripping in a stewpan. In this fry a little chopped onion, take it out, and in the same fat fry the rice for a few minutes without colouring it. Now take three times as much well-flavoured meat stock as there is rice, pour it into the pan, bring to the boil, and cook in a moderate oven, covered, for about twenty minutes to half an hour, when the rice will be cooked, and the liquid all absorbed. The flavour of this rice depends entirely upon the flavour of the stock which should be strong enough to make its presence felt. Sukins loves this rice, which she seems to be able to eat more or less indefinitely! Little bits of meat or vegetables, first warmed through or lightly fried, can be added to this meal-in-itself. And if to some it may seem too dry, then serve a thick gravy or a nice sauce with it.

SQUAB PIE

'Make', says an old cook-book, 'a good crust, cover the dish all over, put at the bottom a layer of sliced pippins, strew over them some sugar, then a layer of

mutton steaks cut from the loin, well seasoned with pepper and salt, then another layer of pippins. Peel some onions and then slice them thin, put a layer all over the apples, then a layer of mutton, then pippins and onions, pour in a pint of water, and so close your pie and bake it.'

STUFFED CHOPS

Get the chops cut nearly two inches thick (one chop would do for two children), and cut the lean meat in half, making a pocket towards the bone in each chop. Fill this pocket with any sort of stuffing you think fit, press lightly together again, dip in crumbs, then in beaten egg and then in more crumbs, and cook for half an hour to three-quarters in a hot oven, turning once during cooking. If the child is old enough for sausages, sausage meat offers a simple stuffing.

TOAD-IN-THE-HOLE

This famous and familiar batter dish need not always be made with sausage, as many seem to think. It can be made with raw beef cut in small pieces, with mutton or lamb cutlets or chops, with raw minced meat, and indeed (and very pleasantly indeed) with fish, more especially fillets of smoked haddock. In every case a little batter is first poured into the greased dish, the 'toad' is placed upon this, more batter is poured over, and the baking in the oven, for three-quarters of an hour to an hour, is done.

VEGETABLES

VEGETABLES

BAKED SLICED POTATOES

Peel and slice some potatoes, and arrange them in layers in a round dish, dusting each layer with a little flour and salt and pepper, and adding a few tiny bits of margarine or butter. When the dish is nearly full, fill it up with milk, and bake very slowly in the oven until the top is browned.

BRUSSELS SPROUT MOULD

Drain the sprouts well after cooking them, squeezing them between your hands so as to extract as much moisture as possible, and then pass them through a fine sieve. For two pounds of the cooked sprouts mix in two ounces of margarine, two yolks of eggs, a good handful of breadcrumbs which have been soaked in a small cupful of hot milk, and a seasoning of salt and pepper with a little nutmeg. Put this mixture into a greased mould or pudding-basin, and cook it in the oven in a tray of boiling water for an hour. Turn out and serve coated with a suitable sauce.

BUBBLE AND SQUEAK

Children usually love this dish, with its mysterious

name, but possibly thin fried slices of cooked beef are not too good for them. These can, then, if desired, be omitted, and in order to make the mixture of potato and cabbage more nourishing, an egg or two can be beaten into it before it is fried: and very good it is, too.

CABBAGE HOT POT

Boil a cabbage, and slice it up when well drained. Meanwhile, parboil a pound of sliced potatoes, and fry a couple of sliced onions in butter or margarine until soft but not at all browned. Then grease a hot pot, and put into it layers of the cabbage, onions and potatoes, seasoning with salt and pepper as you go and finishing with potato. Cover and cook in the oven until the potatoes are done, leaving off the lid for the last few minutes so as to brown the top.

CARROT PUDDING

Not as a sweet (for that see page 81), but as yet another way of eating carrots with meat. Parboil a pound and a half of carrots and then grate them. Beat up two eggs, add to them a scant half-pint of milk, two tablespoonfuls of melted margarine, six tablespoonfuls of breadcrumbs and a teaspoonful of salt. Mix this with the grated carrots, grease a pie dish, line it with browned breadcrumbs, put in the carrot mixture, and bake in a moderate oven until done.

CARROT SANDWICHES

Finely grated carrot, raw, seasoned with salt and

pepper, make an excellent and highly nourishing filling for bread-and-butter sandwiches.

CARROTS

Some children like carrots, but a great many do not. Here are two or three ways of dealing with a vegetable which is so good for them.

Cook the carrots, whole or sliced according to their age, in a little water with a bit of margarine, and when they are cold, cut them up fairly small and bind them with a sauce made with margarine, flour and milk, and the liquor from cooking them. Add some chopped parsley if you like. Now you can make this mixture when cold into little cakes, and egg-and-breadcrumb and fry them, or you can use it to fill little patties, which you will cover with more pastry and bake an attractive colour.

Carrots may also be made into a *purée* after they are cooked, and then either mashed with an equal quantity of mashed potato, or with a beaten egg added to the *purée*, fried as croquettes, or used to fill little open tartlets which, if seasoned with salt and pepper, make a nice dish by themselves, or sweetened with sugar, they can be eaten as a sweet.

HOMINY

When I was a child I used to like hominy for breakfast for a change from porridge. It can be bought at most large stores. Soak half a pound overnight in a pint of cold water. Then add a pint of milk, and cook

the hominy for an hour and a half in a double saucepan. When ready to serve, stir in an ounce of butter or good margarine. Some like sugar with it: others golden syrup.

HOMINY CAKES

Any hominy left over should be poured on to a plate, smoothed out flat, and next morning cut into what shapes you like and fried in the bacon fat.

MOCK WHITEBAIT (VEGETABLE MARROW)

This is more for a joke than anything else. Parboil a vegetable marrow; cut it into little strips about the size of whitebait, roll these in a cloth with seasoned flour, and fry them golden in deep fat. To keep up the pretence, serve them with slices of lemon and brown bread-and-butter.

POTATO BALLS

Mix together some mashed potatoes, margarine, cream off the milk, pepper and salt, so that the mixture is pretty firm. Do not use too much fat. Shape it into balls about the size of a golf ball, and bake them in the oven just as they are, neither egging nor crumbing them. They should rise, and when done ought to be crisp outside and soft within.

POTATO CAKES

The following recipes can be used either for deep or

shallow frying. Either shape the mixture into small cakes or balls and fry in deep fat, or use a frying-pan and some margarine to cook one large cake. The basis of each is ordinary mashed potato.

(1) Add to the potato any sort of minced cold meat you have at hand and flavour it with onion, shallot, and a sprig or two of parsley all finely chopped.

(2) Add flaked smoked haddock, moistening with milk.

(3) Add tinned salmon.

(4) Add sardines.

(5) Add a finely chopped hard-boiled egg and a little anchovy paste to each pound of potato.

(6) Add lightly fried onion with chopped parsley.

(7) Add, for each pound of potato, two slices of cooked lean ham or tongue.

(8) Add finely chopped lean ham; brush egg over the cakes, and roll them in crushed vermicelli instead of breadcrumbs. Fry these only in deep fat.

POTATO CASSEROLE

Melt some margarine in a casserole or stewpan, and in it fry a rasher of bacon cut in very small pieces. Add a chopped onion, fry this a little, then a couple of peeled tomatoes, minus pith and seeds, cut into small pieces too. Now add some thinnish slices of cold boiled potato, plenty of salt and pepper, a small bit of margarine and a small teacupful of stock. Stir gently to mix, and cook with the lid on in a moderate oven for about twenty minutes.

POTATO DUMPLINGS

Boil half a dozen potatoes and mash them, adding a tablespoonful of margarine and, after that is well mixed in, a beaten egg. Season with salt and pepper, and add a quarter of a pound of flour and the same of semolina. Mix all together into a stiff paste, shape into dumplings, and cook them in boiling water for twenty minutes. Drain and serve, but on doing so, open the dumplings with a fork, and sprinkle them with some breadcrumbs which you have very lightly browned in a little margarine or butter.

POTATO LOAF

Somewhat substantial, but good for a cold day. Boil an onion with some rice for twenty minutes, drain the rice well, measure a pint of it, and chop up two tablespoonfuls of the onion. Mix this with a pound of potatoes put through the ricer, or well mashed, and bind with two beaten eggs, seasoning with salt and pepper. Put this mixture into a greased pudding basin, and steam it for an hour and a half. Turn out to serve, and pour a hot tomato sauce over it.

POTATO PURÉES

Mashed potatoes can be enlivened in all kinds of ways, and sometimes may provide a means of making a recalcitrant child eat a vegetable which would otherwise be refused. Here are a few suggestions:

Potato and Apple Purée. Two-thirds potato and one-third not-too-sweet apple.

Potato and Carrot Purée. Half and half.

Potato and Haricot Bean Purée. Half potato; half beans.

Potato and Onion Purée. Half and half.

Potato and Orange Purée. Add the juice and grated rind of an orange in the proportion you wish. Grate a little of the rind on top of the finished *purée*, for prettiness.

Potato and Spinach Purée. Half and half, or in any proportion desired.

Potato and Swede Purée. As for Turnip.

Potato and Turnip Purée. Half and half.

Potato and Watercress Purée. In the same proportion as Spinach.

POTATOES AND ONIONS

Steam some sliced potatoes over a pan containing stock, and when they are done, arrange them in a shallow dish. Pour over them a well-flavoured white sauce, to which you have added some chopped onions lightly browned in margarine. Brown the top in the oven before serving.

POTATOES AND ONIONS (2)

Peel some potatoes, slice them thinly, and arrange them in layers in a buttered fireproof dish, sprinkling each layer with salt, pepper and very finely minced onion. Just cover the potatoes with milk, and bake in a slow oven until the top is brown and the potatoes done.

POTATOES IN WHITE SAUCE

Make a nice white sauce, seasoned with salt, pepper

and nutmeg, and while it is cooking boil some potatoes. When the potatoes are done, cut them in slices or large dice, mix them with the sauce, and pour the whole thing into a shallow fireproof dish. Sprinkle all over with white breadcrumbs, dot with little bits of margarine, and brown quickly in the oven or under the grill.

POTATOES WITH BACON

Boil the potatoes in the usual way, keeping them whole. Melt a little butter or margarine in a frying-pan, and fry in it some rather fat bacon cut into little cubes. When the cubes are slightly browned, pour them with the fat over the potatoes, which you have meanwhile put into the serving-dish.

POTATOES WITH BREAD SAUCE

Slice some parboiled potatoes. Butter an earthenware dish lightly, and put in the bottom a thinnish layer of well-made bread sauce (no lumps!). On this put a layer of the potato slices, and so on until the dish is full, sprinkling each layer with salt and pepper and a little nutmeg (unless you have already seasoned the sauce with the last). Sprinkle browned breadcrumbs on the top and cook for half an hour in a slow oven.

POTATOES WITH LEMON

Boil some new potatoes until they are half done, then pour all the water away save just enough to cover them. Into this squeeze the juice of a lemon, and finish

cooking them in this. When they are done, drain them well, and roll them in melted margarine, sprinkling them with choppped parsley as they come to table.

SPINACH PANCAKES

Mix equal parts of pancake batter and finely chopped cooked or extremely well drained and dried tinned spinach, season well, not forgetting a touch of nutmeg, and cook like any pancake. Serve with melted butter, or tomato sauce.

SPRING GREENS

Young folk who do not like the flavour of cabbage may fall for this way of serving spring greens. After cooking the greens according to your wont, drain them on a sieve, squeeze them dry, and put them aside. Now melt a little margarine in a frying-yan, and in it fry half a shallot or small onion chopped up finely, for two or three minutes, being careful that it does not colour. Then add the cabbage, and let it mix and warm through, but not fry or cook again at all, and season just before serving with more salt if necessary, pepper and grated nutmeg.

STUFFED POTATOES

Potatoes baked in their jackets can be stuffed in various exciting ways, the potatoes either being cut in half or having one end cut off, and the inside mashed up with margarine and a little butter, and mixed with the other ingredient chosen. Here are one or two suggestions for that extra flavour:

Onion *Purée*, and any of the vegetables mentioned *under Potato Purées* (page 68).
Flaked Smoked Haddock, or any other fish.
Minced cold meat, onion and parsley.
Mixed freshly chopped herbs.
Finely chopped cooked bacon, ham or tongue.
Salt Beef.
A little sausage meat.
An egg (see pages 45 and 46).

SWEDES, FRIED

This is often liked, as it is unusual. Having boiled the swedes, cut them in slices, and fry these as they are in shallow fat in a frying-pan.

SWEDES, PARSNIPS AND CARROTS

Cut up some swedes, parsnips and carrots, and boil them all together until they are tender. When done cut the carrots into dice and keep them hot while you mash the swede and parsnip together. Add the carrot to this mixture, season with a little pepper and more salt if necessary, moisten with a very little cream off the milk, and serve sprinkled with chopped parsley.

TOMATO AND ONION PIE

Blanch two large onions, drain them, slice them and fry them lightly brown in an ounce of margarine. Grease a shallow fireproof dish, and fill it with alternate layers of the onions and skinned sliced raw tomatoes sprinkling each layer with a few breadcrumbs,

seasoned with salt and pepper. Let the top layer be of breadcrumbs and dot that here and there with little bits of margarine. Bake in a moderate oven for about an hour, and serve with nicely poached and drained eggs upon it.

TOMATO JELLY

This is nice with a salad in summertime. Cook some quartered tomatoes, skins and all, with a clove, a very small teaspoonful of chopped onion, salt, pepper and a little sugar. Add no liquid at all. When the tomatoes are tender, pass them through a cloth or muslin, and to every pint of the juice add an ounce of melted gelatine. Keep on stirring until the jelly begins to set, and then pour into a china mould, and let it set. If you set it in a broader mould, you can use this to hold a green salad; or if in little moulds, these can be used to decorate a salad or accompany some cold dish or other.

WATERCRESS

Prepare and cook exactly like spinach, but do not pass finally through a sieve. Chopping is less trouble and a good deal more satisfactory.

PUDDINGS

PUDDINGS

APPLE AND GREENGAGE MOULD

Cook a pound of peeled, cored and sliced apples in two ounces of sugar and a quarter of a pint of milk boiled together, until the apples are tender: then whisk them up until they are smooth and frothy. Dissolve in this froth a pint packet of Greengage Jelly cut into very small pieces (or it won't dissolve). Pour into a mould and leave to set.

This sort of jelly can be made with any fruit and any jelly, so long as you choose flavours that go together. Lemon or Orange Jelly are specially good with apples, too.

APPLE CHARLOTTE

Line the mould with thin slices of bread and butter, and spread them as thickly as you can with golden syrup. Meanwhile you have made a *purée* of stewed apples, not too thin, and this you will not put into the mould in alternate layers with fine breadcrumbs. Let the breadcrumbs be the last layer, and cook this lovely pudding in the oven until it is brown, as it will be not only on the top but on the sides as well.

APPLE SNOW

Put half a dozen sponge cakes into a dish, pour some custard over them, and let them soak for two or three hours. Now bake eight large apples, and when they are soft, remove the flesh, mash it up and mix with it half a pound of fine castor sugar, the juice of one lemon and the whites of two eggs to each half-pound of the pulp. Whisk these all together until the mixture is stiff and very white, and pile this up in the dish.

APPLES, BAKED

Instead of serving baked apples just plainly, set each of them on a round of stale sponge cake fried and spread with jam or marmalade, or on one of the Sweet Bread Slices (2) described on page 92. Try some unusual filling as well, for instance, honey and chopped nuts, or maple syrup, or some unusual jam or jelly such as quince.

APPLES BAKED WITH MARMALADE

Peel and core some large baking apples, and fill the centres with butter or margarine and sugar in the usual way. Bake them in the oven, and when they are nearly done, put a generous helping of marmalade over each of them. Put the dish back in the oven to finish them off.

APPLES, BUTTERED

Peel some apples, and cut them into thin slices. Put these into a fireproof dish, adding sugar and little

pieces of butter or fresh margarine between the layers. Bake in the oven until browned. Pears can be baked in the same way.

APPLES WITH CHOCOLATE

Cook some peeled and sliced apples very gently in a little syrup, and when they are done, dish them and make a chocolate sauce with the syrup in which they were cooked, adding just a touch of cinnamon. Pour this over the apples, and serve hot.

APPLES WITH TAPIOCA

Boil three tablespoonfuls of large tapioca in a pint of milk flavoured with lemon or orange peel for four hours, and while this is finishing, stew in syrup a dozen peeled and cored apples cut in not too small pieces, which should be kept whole. Now put half the tapioca in a fireproof dish, and cover with half the apples. Repeat this, and then spread over the top plenty of apricot jam, or marmalade, and bake in the oven for twenty minutes.

BAKED APPLE PUDDING

Grease a Yorkshire Pudding tin well, and line it with a thin layer of suet crust. On this put a thick layer of peeled and chopped apples, and sprinkle these with lemon juice and sugar. Orange juice could be used, or no juice at all. Cover with another thin layer of the crust, spread the top with golden syrup, with brown sugar over that. Bake until the top is brown and crisp, and eat with gratitude.

BANANA SWEET (1)

Spread a layer of strawberry or raspberry jam in the bottom of a *soufflé* dish, and cover this with a layer of chopped peeled bananas. Sprinkle these with chocolate powder, and continue these layers until the dish is full, finishing with whipped cream. Decorate with *glacés* cherries, candied angelica, and more chocolate powder.

BANANA SWEET (2)

Mash bananas and strawberry jam together. Pile up in a dish, and cover with whipped cream.

BANANA TOAD-IN-THE-HOLE

Make a batter with four ounces of flour, a quarter of a pint of water, a tablespoonful of salad oil and two eggs, adding the whisked whites of eggs last of all. Put half this batter into a greased fireproof dish, then put in three ripe bananas cut in rings, sprinkle these with sugar, and cover with the rest of the batter. Bake in a quick oven until set and browned.

BANANAS WITH CHOCOLATE SAUCE

Peel the bananas, as many as you want, slice them lengthwise, sprinkle them with lemon juice, and put the dish into a cool oven for the bananas to warm through. Make a good creamy chocolate sauce (with custard powder, if you wish), and when it is ready, pour it over the bananas. Serve either hot or cold.

BANANAS WITH POACHED EGGS

This might be called a quick sweet. Peel some large ripe bananas, and cut them lengthwise into thin slices. Brown these in margarine, and serve them with poached eggs.

BLACKBERRY APPLES

Core, but do not peel, six large cooking apples, and be careful not to make a hole right through the apple. Mash four ounces of ripe blackberries (or tinned ones when they are out of season) with a little sugar, and stuff the apples with them. Put the stuffed apples in your baking dish, and pour round them three tablespoonfuls of golden syrup mixed with the same amount of water. Baste the apples frequently with the syrup while you bake them in a moderate oven until soft.

CARROT PUDDING

Mix together a breakfastcupful each of grated raw carrot, stale white breadcrumbs, minced suet, chopped raisins, flour, milk, and a pinch of salt, and a quarter of a teaspoonful of bicarbonate of soda. Boil for three or four hours, the longer the better.

CHERRY PUDDING (BATTER)

Put three tablespoonfuls of flour and a pinch of salt into a bowl, and mix into it, one by one, three whole eggs. Add a pint and a half of milk by degrees, and three tablespoonfuls of castor sugar. Put about a pound and a half of black cherries, stoned and with their stalks

removed, into a fireproof dish, pour the batter over them and bake in the oven until set. Sprinkle sugar over the top when serving.

CHOCOLATE CUSTARD

Make a custard with half a pint of milk, three beaten eggs and two ounces of chocolate dissolved in a little milk. Bake in the usual way.

CHOCOLATE MOUSSE

In moments of emergency or of a plethora of egg-whites, a simple chocolate *mousse* can be made by whisking the egg-whites stiffly, and just adding fine castor sugar, or icing sugar, and finely grated chocolate or chocolate powder.

CHOCOLATE RICE PUDDING

Make a baked rice pudding in the usual way, adding as much melted chocolate as you feel inclined to, to the milk you will make it with.

CHOCOLATE PUDDING

Whether you steam or bake this, the ingredients are the same. They are: three-quarters of a pint of milk; a dessertspoonful and a half of cocoa; three ounces of sugar; two eggs; four and a half ounces of bread-crumbs. Boil the milk, and pour it over the bread-crumbs mixed with the sugar and cocoa. When it has cooled, add the beaten egg-yolks with a touch of vanilla, if you like, and if you are going to steam it,

add now the well-whisked whites, and steam in a greased pudding basin for an hour, serving with chocolate sauce. If you are going to bake it, put the mixture as it is, without adding the whites, into a greased pie-dish, and bake this in a moderate oven for an hour, spreading then the whisked whites with a little sugar, and letting this meringue harden in a cool oven.

CINNAMON APPLES

Children often like the taste of cinnamon. Cut some peeled eating apples into quarters, and cook them slowly in a frying-pan in butter or margarine, turning them over now and again, until they are soft and brown. Sprinkle over them now a little brown sugar and a trifle of powdered cinnamon, and serve them after they have cooked a little longer.

CONVENT PANCAKES

Have ready some pancake batter, and fry a large pancake on one side only. Cover the uncooked side with dice of tinned pears which have been warmed and well drained, and cover these with more batter. Finish cooking the pancake in the oven, and serve flat and very hot.

Any kind of fruit, tinned, or cooked, can be used in this way.

DATE PUDDING

Put into a basin four ounces of stale white bread-crumbs, six ounces of finely chopped stoned dates,

four ounces of shredded suet, mix them together and add two tablespoonfuls of treacle. Mix well again, and add two beaten egg-yolks, and finally the two well-whisked whites. Put into a greased mould, and steam for two hours. Custard sauce with this, please.

EVE'S PUDDING

Chop up six ounces of apples very finely, and put them into a basin with six ounces of breadcrumbs, the same of suet and of currants, and sugar to taste. Bind with a beaten egg or two, and steam in a greased basin for two hours.

FIG PUDDING (CREOLE)

Chop up finely half a pound of dried figs. Beat two and a half ounces of sugar with two egg-yolks to a thick cream, and add three ounces of melted margarine and four ounces of white breadcrumbs which have been soaked in milk and then thoroughly squeezed. Mix all together, adding a teacupful of milk, and then the whites stiffly whisked. Butter a pudding basin, and sprinkle it with a little flour. Put in the mixture, and steam gently for three hours.

FLOATING ISLAND

Make some caramel, and coat a tin mould with it. Then beat four whites of eggs stiffly, mix them with four tablespoonfuls of castor sugar, put this into the mould and bake in a *bain-marie* for twenty minutes or so. Meanwhile make a custard with the four egg-yolks

and some milk sweetened and flavoured with a vanilla pod. Turn out the mould on to the serving dish, and pour the custard round this Floating Island.

GINGER PUDDING

Mix together in a basin two ounces of flour, three ounces of suet, four ounces of breadcrumbs, a teaspoonful of ground ginger and half a teaspoonful of baking powder, both of these sieved with the flour. Now add two tablespoonfuls of golden syrup, and enough milk to make a fairly firm mixture. Put into a greased pudding basin, and steam for two hours. Serve with hot golden syrup.

HONEY TART

Any cookery book will give you a recipe for Treacle Tart. Try a new version and use honey instead. Line your plate or tin with pastry, and fill it with this mixture. Warm three tablespoonfuls of honey in a saucepan, and four tablespoonfuls of fresh white breadcrumbs, and mix them well together. Take off the fire and stir in the grated rind of a lemon or small orange and half a teaspoonful of the juice. Mix well together again, and use when cold. When the tart is filled, criss-cross it with pastry strips, and bake in a hot oven for about twenty minutes.

LEMON CURD ROLY-POLY

Next time you make a jam roly-poly, whether boiled or baked, try filling it with lemon curd instead of jam. A nice change.

GUARDS' PUDDING

(1) Cream three ounces of butter or margarine with three ounces of sugar; add two eggs and mix in two ounces of brown breadcrumbs, three tablespoonfuls of strawberry jam, and a saltspoonful of bicarbonate of soda. Put into a greased pudding basin, and steam for two hours.

(2) Mix well together five ounces of white breadcrumbs, three ounces of castor sugar, the same of melted butter or margarine, a saltspoonful of bicarbonate of soda dissolved in a teaspoonful of water, three well-beaten eggs and five tablespoonfuls of raspberry jam. Put into a greased mould, and steam for two hours. This is the better, in my opinion.

LEXINGTON APPLES

The American cook can often show us a good thing: here is one. Peel and core half a dozen rather sour cooking apples, and *steam* them until they are half-cooked. Let them get cold and roll each in a mixture of an ounce of flour sieved with an ounce of sugar, and after that roll them in beaten egg and then in stale cake-crumbs. Fry them in deep fat until golden-brown, and finally fill the centres with finely chopped tinned pineapple. Pour pineapple syrup round them. A grand dish for visitors.

MILK JELLIES

These are extremely good and nourishing, especially with packet jellies, which are quite transformed. Melt the jelly (a pint packet) with two tablespoonfuls of

water over a low heat, being very careful not to let it boil. Then take it off the fire, and add slowly a pint of cold milk *less* two tablespoonfuls. The milk will curdle slightly, but do not worry. Pour into a wetted mould, and leave to set. When turned out, the bottom of the jelly will be solid, and the top clear.

But if you want a jelly that looks solid and creamy all through, you should let the melted jelly get nearly cold before you add the milk, and then you must add it as slowly as you possibly can.

MOCK POACHED EGGS

Boil five ounces of semolina in a pint and a half of milk with a couple of tablespoonfuls of sugar, a pinch of salt and the grated peel of a lemon. Ten minutes will be enough. Turn out on to a board dusted with fine sugar, smooth to half an inch thick and, when cold, cut into rounds about three inches in diameter. Spread these with custard, and in the middle of each place a tinned apricot half, so that it looks like the yolk of a poached egg.

PEAR DUMPLINGS

Do not forget that pear dumplings can be made in just the same way as apple dumplings, but they must be baked, never boiled.

PEARS, BUTTERED

See APPLES, BUTTERED, on page 78.

PEARS WITH CHOCOLATE SAUCE

Warm through some tinned pears, and make a

chocolate sauce with some of the syrup from the tin, flavouring it with vanilla or cinnamon, whichever you prefer. Pour this hot over the pears, and serve. This attractive dish can also be served cold.

POTATO AND DATE PUDDING

Boil half a pound of potatoes, and put them through the potato ricer. Stone some dates and chop up three ounces of them. Beat up an egg and mix it with a tablespoonful of castor sugar, the riced potato and a pinch of salt. Now add a tablespoonful of orange juice and the grated rind of an orange. (Or lemon, if you would rather.) Now put in the chopped dates, and two ounces of margarine which have been melted in a quarter of a pint of lukewarm milk. Mix all together, pour into a greased basin, and steam for an hour and a half. Try custard with this.

POTATO CAKES (SWEET)

Mash up a pound of freshly boiled potatoes, add a little flour and a quarter of a pound of brown sugar. Add some prepared sultanas and chopped candied peel, mix together and moisten with a little milk. Roll out lightly, shape into small cakes, set them on a greased baking-sheet, and bake in a moderate oven until quite brown. Serve hot.

POTATO FRITTERS (SWEET)

Mash up three-quarters of a pound of boiled potatoes, and mix them with a quarter of a pound of flour

moistened with a little milk, two beaten eggs and enough milk to make up half a pint with that used for mixing with the flour. Cook spoonfuls of this mixture in a frying-pan in margarine until each side is golden-brown, and serve with fruit or a jam sauce.

POTATO MOULD (SWEET)

When eggs are plentiful, this makes a good light sweet. Boil the potatoes in water flavoured with lemon peel, then mash them with margarine and milk, with a little sugar, whipping them well for lightness. The *purée* should be rather wet, and when it has cooled, add (for a pound of it) first four egg-yolks, and then the whites stiffly whisked. Meanwhile you will have buttered a pudding basin or *soufflé* dish rather well, and dusted it with lightly browned breadcrumbs. Put in the potato mixture, and cook it in a slow oven for about three-quarters of an hour.

POTATO ROLL (SWEET)

Make half a pound of pastry and roll it out very thinly. Now mash six ounces of potatoes with three ounces of margarine, and add two tablespoonfuls of sugar and the beaten yolks of three eggs. If you like, put in also a tablespoonful or so of prepared sultanas, or currants, or both. Now beat the whites stiffly, and mix them in, and spread the mixture on to the pastry. Now roll this up, shape it into a crescent, or leave it as a long roll, brush it over with melted margarine, and bake it for half an hour in a moderate oven. Serve with a sweet sauce or hot jam.

ROLY-POLY, BAKED

Mix into a very stiff paste with a little milk, two breakfastcupfuls of plain flour, half a pound of shredded suet, one teaspoonful of baking powder, and two teaspoonfuls of Demerara sugar. Roll out not too thin, and spread thickly with stoneless plum or damson jam. Roll up, and brush over with beaten egg. Bake in a moderate oven for three-quarters of an hour.

RHUBARB, BAKED

I blame no one for disliking this repulsive vegetable masquerading as a fruit (except when very young and pink), but there are some ways of cooking it better than others. This I think is one of them. Cut the rhubarb sticks into inch-long pieces and put them into a casserole or enamel stewpan. For every three sticks of the rhubarb add about a tablespoonful of castor sugar. Add no water, simply put on the lid, and cook in a moderate oven until tender which will take about twenty to twenty-five minutes, provided the rhubarb is young enough.

RHUBARB TART

Chop up a breakfastcupful of rhubarb with a teacupful of sultanas, and mix them with two tablespoonfuls of melted margarine, the juice and rind of a lemon or small orange, two tablespoonfuls of breadcrumbs, a whole beaten egg, and enough sugar to sweeten the mixture. Fill a pastry-lined dish with this, cover with more pastry, and bake in a quick oven for about half an hour.

PUDDINGS

ROXBURY PUDDING

This is usually a great favourite, and useful for getting rid of egg-whites. Cream half a breakfastcupful of margarine with a full cupful of castor sugar. Add half a cup of milk, two and a half cups of flour sieved with a small pinch of salt and three and a half teaspoonfuls of baking powder, and then four stiffly beaten egg-whites. Steam for an hour, and then turn out and serve covered with chocolate sauce. This is a large pudding; normally half of these quantities would do.

SNOW PANCAKES

Perhaps this ought to have been in the appendix, for cooking in the nursery. Kiddies can't believe that pancakes can really be made with snow, but try making an ordinary pancake batter, but instead of using half a pint of milk mix it with a quarter of a pint. Then put the batter aside, and when you are ready to make the pancakes, add a quarter of a pint of clean freshly fallen snow. It does actually make the pancakes lighter.

SNOWBALLS

Whip the whites of four eggs with two ounces of sugar as stiffly as possible, mould them into little balls with two spoons, and poach these for four minutes, turning them once, in a quart of milk. Drain them and put them aside. Mix a tablespoonful of cornflour to a paste with a little milk, add it to the rest of the milk, bring to the boil and cook, stirring, for ten minutes. Then add four ounces of sugar and six ounces of grated

chocolate over hot water. Bring to the boil again and pour in the beaten yolks of the eggs. Cook in a double saucepan till the mixture thickens, then pour into a dish. When cold, decorate with the white-of-egg 'snowballs'.

SWEET BREAD SLICES (1)

Cut some half-inch thick slices of stale bread about the size of a small playing-card, trim off the crusts, and dip them in cold milk which has been flavoured with vanilla, and sweetened. Drain them on a tray, and then dip them in slightly sweetened beaten egg. Brown them on both sides in clarified butter or margarine, and serve them with a sweet sauce or hot jam.

SWEET BREAD SLICES (2)

Cut the bread as above, and fry the pieces lightly on each side in a little margarine; they should be golden, not brown. Now sprinkle them with sugar, and put them in the oven or under the grill for the sugar to melt and caramelize. Then serve them hot, surmounted by a hot *purée* of fruit, or pieces of cooked fruit, or even cooked dried fruit of some kind bound with a thick syrup or jam.

TAPIOCA WITH FRUIT

Wash a cupful of tapioca, and let it soak overnight in cold water. Then cook it in a pan of boiling water until it is transparent, simmering it very slowly. Then stir quickly into the boiling tapioca, some apples peeled and cored and sliced and some blackberries too;

sweeten to taste and add a touch of lemon juice if you like. Pour out into the dish you are going to serve it in, and let it get cold.

You can use any fruit you like for this sweet; a pound and a half to two pounds for the breakfast-cupful of tapioca.

TOFFEE APPLE DUMPLINGS

These simply *must* be made. The ordinary baked appled dumplings palls after this glorification. Get the dumplings ready for baking in the usual way, and then sprinkle them with some very coarse brown sugar. When they are baking, baste them now and then with a syrup made with brown sugar and water.

TOFFEE PUDDING

Boil together in a large frying-pan half a pound of Demerara sugar, half a pound of golden syrup and a quarter of a pound of margarine until they are a golden brown. Cut three-quarters of a pound of stale bread-crumbs into squares about half an inch thick and soak them well in milk. Drain them on a tray, and when the liquid toffee is ready, put the squares of bread into it, and let them get as hot as possible without burning. Serve them piled up in a dish.

TORN PANCAKE

This sweet would be easily recognized under its real name, but there is no reason why we English should give credit where it is not deserved! Make a batter with

half a pint of milk, six ounces of flour, the yolks of three eggs, a little sugar, and a pinch of salt, and add to it an ounce of stoned and roughly chopped rasins, an ounce of ground almonds, and lastly, the three egg-whites stiffly whisked. Heat two ounces of margarine in a frying-pan, pour in the mixture and fry the cake golden brown on each side. Then tear it up into small pieces with two forks, and serve it very hot, sprinkled with more sugar or with a thickish syrup.

TREACLE TART

Not quite the usual sort. Line a tin with pastry, and fill it with a mixture of one whole beaten egg and three tablespoonfuls of golden syrup beaten together. Bake slowly until golden-brown, and eat when cold.

THE LITTLE INVALID

THE LITTLE INVALID

In case of illness, Mother sometimes finds it difficult to turn up quickly just that recipe she wants. Here are a few simple ones which are most likely to be needed.

BEEF TEA (RAW)

Take two ounces of raw lean juicy beef, free from all skin and fat, shred it finely, pour two tablespoonfuls of water over it, add a pinch of salt, and let this stand for at least two hours. When you want to use it, strain it into a glass, and season to taste. As it is rather bloody in appearance, it would be as well for the glass to be a coloured one.

BEEF TEA (STRONG)

Shred a pound of lean juicy beef free from all skin and fat, put it into a bowl with a quarter of a teaspoonful of salt and a pint of water, and leave it for twenty minutes. Now turn into a stewpan, and heat through very gently, stirring slowly, until the liquid is a rich reddish-brown and the meat white. Be careful to keep

the liquid below simmering point, or you will get unpleasant brown particles due to the hardening of the albumen in the meat. All grease should be very carefully removed before serving. This kind of beef tea should be treated more as a stimulant than as a food.

BEEF TEA (FOR A CONVALESCENT)

Cut a pound of gravy beef into small pieces, having removed fat and skin, or if you prefer, shred it or pass it through the mincing-machine. Put it into an earthenware jar or jam-pot, add a pint of cold water and half a teaspoonful of salt, cover tightly, and put the jar in a saucepan of boiling water (or in a slow oven), leaving for three hours, and stirring now and then. When ready to serve, strain and remove all grease. If something more enticingly flavoured is required, you can put in with the beef two slices of carrot, a small slice of onion, one or two sprigs of parsley, a bayleaf and three or four peppercorns, reducing the salt by half.

CHICKEN BROTH

Put a chicken or a small boiling fowl into a stewpan, adding about three pints of water, a carrot, a sliced onion, a small bit of celery and two cloves and a small blade of mace tied up in a muslin bag. Simmer gently for two hours, then take out the chicken, and strain the broth. Serve either plain or with the carrot and some of the breast cut into little dice. Cooked rice or pearl barley may also be added, and a sprinkling of freshly chopped parsley works magic.

MUTTON TEA

This can be used in place of BEEF TEA as a change, or in case in times of stress you cannot get beef. Prepare it in the same way as BEEF TEA (STRONG) or BEEF TEA (FOR A CONVALESCENT) on pages 97 and 98.

CHILDREN'S OMELETTE

Break two eggs carefully into two basins, using one for the whites and one for the yolks. Now beat the yolks very well, adding a scant teaspoonful of boiling water and a pinch of salt. Then whisk the whites stiffly, and mix them with the yolks. Make a dessertspoonful of butter very hot in a small thick frying-pan, and pour in the mixture, cooking the underside until it is set. Then put the pan under the gas-grill (or in front of the fire) for the top merely to set, and fold the omelette over to serve.

The usual omelette additions can be made, of course, according to the state of the little patient's digestion.

EGG, CODDLED

A more digestible way of cooking eggs than boiling them. Put the egg into a pan of boiling water, cover it, and stand the pan on the side of the stove where it will keep hot without simmering. In seven or eight minutes the egg will be done.

EGG IN GRAVY

This is simply an egg poached in gravy instead of water. The gravy should be eaten with the egg, which

may be served on toast with the gravy round it. Eggs may also be poached in milk, if desired.

EGG WHIP

Here is a good way of taking a raw egg. Beat up an egg-yolk with a tablespoonful of milk and the same of castor sugar; and whisk up the white with a tiny pinch of salt. Add a tablespoonful of orange or lemon juice to the white, and then mix this with the yolk and milk. If the mixing is done with a light hand, the result is really very pleasant.

SWISS EGG

A simple method of poaching an egg, which saves the heart-breaking business of watching and wondering in the usual way. Lightly butter a small teacup, or better still, one of those little earthenware cocottes with a handle; break in the egg, sprinkle it with a little salt, and stand the cup in a saucepan in a little boiling water. Cover the pan, and cook until the white has set, which will take about five or six minutes. A pinch of fresh chopped parsley on the egg when serving is a good idea. Or you can dust some chopped parsley into the buttered cup before you break the egg into it. In the latter event, turn the egg out upside-down to serve.

FISH CUSTARD

Put fillets of some light fish, such as whiting or lemon sole, into a dish which you have lightly greased, season them with salt and pepper, and pour over them

an ordinary custard, seasoned with a little salt. Bake in the usual way until the custard is done; it will take somewhere round forty minutes.

FISH FILLETS

Fillets of fish (white fish), or very thin cutlets of cod can be cooked like this for the little invalid. Put them into a fireproof dish, and sprinkle them lightly with salt and pepper and a little lemon juice. Cover with a buttered paper, and bake in a moderate oven for about ten minutes. They can be served with the liquor that comes from them, or this with a little milk can be used as a basis for a white sauce. The fillets can also, if preferred, be rolled into *paupiette* shape, and cooked in the same way in a deeper dish. These are rather more exciting-looking than the ordinary flat fillet.

BEEF TEA CUSTARD

Beat two yolks of egg and the white of one thoroughly together, and pour them on to a quarter of a pint of beef tea, seasoning to taste. Pour into a well-buttered cup, cover with buttered paper, and steam in a stewpan containing very little water for about twenty minutes. Gently does it. Turn out carefully, and serve either hot or cold. This custard which is a kind of *royale*, can be cut into dice and served in soup.

CHICKEN CUSTARD

Shred three ounces of raw chicken finely (you can take a bit off the breast of a bird you are going to roast,

without doing irreparable damage), or mince it, and then pound it well in a mortar. When it is smooth, add a quarter of a pint of stock or milk gradually, and then rub through a fine sieve. Now stir in a beaten egg, and season to taste. Pour into little ramekin-cases, or a small dish, and steam very gently until the custard is firm.

CHICKEN FILLETS (STEAMED)

Cut off one side of a chicken's breast, raw, sprinkle it with salt and pepper, and put it into a well-buttered soup-plate. Put the plate on top of a pan containing boiling water, cover the plate with another plate or a lid of some kind, and cook very gently for about an hour. Serve with its own juice. (The length of time depends upon the thickness of the fillet, a whole breast taking much longer than just a slice off it.)

CHOP, STEAMED

Trim all the fat off a nice lamb chop, and put the chop in a stewpan with a quarter of a pint of water or mutton broth well cleared of grease, a very small onion finely chopped, and a little salt, the amount depending upon the saltness of the broth. Cover closely and cook for half an hour: then add a tablespoonful of rice or pearl barley, and cook for another hour. Throughout, the cooking must be very gentle. The rice or barley may of course be omitted.

CUTLET, STEAMED

See CHOP, STEAMED, but cook only for three-quarters

of an hour, in which case it will be useless to add the rice or pearl barley, though they can, of course, be cooked separately if wished.

POTATOES

The effect of very creamily and lightly whisked mashed potato as a setting or a garnish to egg, fish or meat is generally to make the invalid eat more heartily than if a plain dish were to be served.

BAKED CUSTARD PUDDING

Beat an egg well, add two teaspoonfuls of sugar and half a pint of milk, and pour into a pie-dish, baking it in a very moderate oven until the custard is set. The secret of beautifully firm custard is to see that it does not cook too quickly. If it once boils, it will curdle and its appearance at any rate will be spoiled. Flavour with mace, or cinnamon, or nutmeg, or a grating of lemon or orange rind.

MILK PUDDINGS

It may be a bit difficult to make the sick child eat these as they are, but to cover the top with a meringue mixture, especially if it is a pink one, and let this just set in the oven will sometimes be found to make all the difference in the world.

BEEF JELLY

Dissolve an ounce of gelatine in two tablespoonfuls of hot water, and add this to a pint of beef tea, season-

ing to taste. Stir until the jelly begins to set and then pour into small moulds, and keep until firm. A useful way of administering beef tea when cold nourishment is needed.

MILK JELLY

Put a pint of milk into a saucepan with an ounce and a half of castor sugar, half an ounce of gelatine, and the thinly cut rind (yellow part only) of a quarter of a lemon. Stir over a gently heat until the sugar and gelatine are dissolved (on no account allow it to boil), then take out the lemon rind, and pour into a bowl. Stir until it begins to set, then turn into small moulds, rinsed with cold water, and leave to set. Turn out when wanted.

For other Milk Jellies, see page 86.

APPLE WATER

Peel two large apples, slice them and put them into a jug with a tablespoonful of castor sugar, and the thinly cut rind of half a lemon. Pour over these a pint of boiling water, and leave covered until cold. Then strain. If you like, you can roast the apples first.

BARLEY WATER

If you can't lay hands on a tin of Patent Barley of some kind, make your Barley Water in this way. Cover two ounces of pearl barley with cold water, boil for two minutes and then strain off the water. Now put the barley into a jug with two or three lumps of sugar and

the thinly peeled rind of half a small lemon; pour over a pint of boiling water, and leave, covered closely, until cold. Then strain before using.

FROTHY LEMON DRINK

Strain the juice of a lemon into a tumbler, and add a tablespoonful of castor sugar. Have ready the well-whisked white of an egg, and having poured a teacup and a half of cold water or soda water into the lemon, stir the egg-white in lightly, and serve at once.

LEMONADE

Peel a lemon in thin fine strips, and put these into a jug with the strained juice of two lemons and sugar to taste. Pour over a pint of boiling water, cover the jug, and leave until cold. Strain before using.

TOMATO DRINK

Squeeze three ripe tomatoes through a strainer, and to each glass of juice, add a tiny pinch of salt and about half a teaspoonful of sugar.

TREACLE POSSET

Good for a cold. Bring half a pint of milk to the boil, and then add two tablespoonfuls of treacle or golden syrup and the juice of half a lemon. As soon as this curdles, strain it through muslin and serve.

Honey can be used instead of treacle if preferred.

SWEET MAKING IN THE NURSERY

SWEET MAKING IN THE NURSERY

Two of my happiest childhood memories are the surreptitious cooking of sprats, brought back on a foggy November afternoon from a Hampstead fishmonger's, and occasional toffee-making with my father —we called it Stick-Jaw. Both were executed on the gas-ring in the nursery. There must still be nursery gas-rings, and indulgent Nannies and genial Fathers . . . and excited kiddies, as I was then.

ALMOND TOFFEE

Blanch, skin and halve crosswise five ounces of sweet almonds, and put them in the oven to dry without browning. Dissolve a pound of sugar in half a pint of water, add a pinch of cream of tartar, and boil until the syrup becomes a deep amber colour. Take the pan from the fire, add the almonds and a few drops of almond essence to taste, boil up again, and pour into greased tins.

BUTTERSCOTCH

Dissolve a pound of moist sugar with half a teacup-

ful of cold water on the side of the fire, and then add half a pound of butter or good margarine, and boil until the mixture becomes quite thick. Stir it now and then until it begins to thicken, and then stir all the time to prevent it from catching on the bottom of the pan. Pour into an oiled or buttered tin, and when cooler mark into squares. Flavour with vanilla or almond essence, if you like.

CANDIED ORANGE PEEL

Cut the peel from four oranges in sections lengthwise, cutting off only the coloured part and leaving the pith, cover these with cold water, bring to the boil, and cook them slowly until they are soft. Drain, cut out any remaining pith from the strips with a spoon, and cut into thinner strips with a pair of scissors. Now put the peel into a saucepan with two teacupfuls of water and one teacupful of sugar, and cook slowly until the peel is clear. Then let it cool on a plate, and roll it in castor or granulated sugar.

CHOCOLATE ALMONDS

Blanch some almonds and dry them without browning them. Dip them separately into chocolate melted with the smallest possible amount of hot water, and let them set on a plate or on waxed paper.

CHOCOLATE CREAMS

These can be made by dipping any fondant (see page 112) in melted coating chocolate.

CHOCOLATE FUDGE

Mix a pound of granulated sugar with half a teacupful of milk in a double saucepan, and when it is a thick paste, add a piece of butter or good margarine the size of a walnut, and grate into the mixture four twopenny bars of plain chocolate. Now put the pan on a low heat, and do not let it boil until the sugar and chocolate are melted, or the fudge may crystallize. Then let it boil for five minutes, stirring well all the time, take the pan off the fire, beat the fudge until it is thick, and pour it into greased trays or plates, cutting it into squares before it gets cold.

CHOCOLATE ORANGE PEEL

See CANDIED ORANGE PEEL (page 110), but instead of rolling the finished strips in sugar, dip each one separately in melted coating chocolate, and let them dry on waxed paper.

CHOCOLATE PEPPERMINT CREAMS (UNCOOKED)

Heat three dessertspoonfuls of creamy milk, and add to it gradually seven ounces of icing sugar. Then add a teaspoonful and a half of melted butter and three drops of oil of peppermint. Work this mixture with the hands until creamy, then shape it into balls, flatten them to the familiar shape of peppermint creams, and dip them in melted coating chocolate.

Of course you need not dip them in the chocolate if you would rather have them plain, but they look better when coated.

CREAM TOFFEE

But not with real cream; use condensed milk instead. Melt a pound of sugar in a quarter of a pint of water, and when it is quite dissolved, add half a pound of golden syrup, an ounce and a half of butter or good margarine and a tin of condensed milk. Boil until the toffee forms a moderately hard ball when dropped in cold water, then pour into a greased tray, or trays, and mark out in squares when it ls cooling.

CRYSTALLIZED MINT LEAVES

Detach fresh mint leaves from their stems, wipe them clean and brush each over with stiffly whisked egg-white. Then dip each in granulated sugar which you have flavoured with oil of peppermint, and put the leaves closely together on a waxed paper on a cake tray, and dry them in a very slow oven.

FONDANT (UNCOOKED)

Beat together in a bowl an egg-white, a teaspoonful and a half of cold water and three-quarters of a teaspoonful of vanilla essence, and when they are well blended together add gradually nine ounces of icing sugar until the mixture is very stiff. Then knead with hands until quite smooth. The fondant can, of course, be coloured and flavoured as desired, these being added before the sugar.

FROSTED FRUIT

Strawberries, raspberries, cherries, and red or white

currants respond very readily to this simple treatment. First beat up the white of an egg in half as much water. (You can do this easily by measuring the egg-white in a glass.) Then dip your fruit in this, seeing that it is well covered, and now drain it for a moment, and roll it in castor sugar until it is well coated. Shake it so that any extra bits of sugar drop off, and spread the coated fruit out on a large sheet of white kitchen paper to dry. It will take three or four hours in a warm or sunny room, and looks very grand when finished.

FRUIT BARS

Mince up together a breakfastcup of dried figs (first taking off the little stems), a breakfastcupful of dates (first taking out the stones), and two breakfastcupfuls of dried walnuts. Mix these well together, butter a tin, and press the mixture well down into it so that it becomes a solid mass. Then either cut it into squares or shape it into bars or balls, and roll these in fine castor sugar.

FRUIT PASTILLES

Any sort of fruit can be used to make these simple pastilles. Boil the fruit with sugar to taste until it makes a thick *purée*, and then let it get cool. Then shape this paste into little cakes, oblongs, rounds or what you will, and dry them in a slow oven. Try it first with apples; it's quite easy, and if you've got an ornamented butter-pat, you can make an impression on each of your pastilles before you dry them.

FRUIT ROLL

Get Cook to lend you the mincing-machine for this, but mind you wash it up before it goes back to the kitchen! Mince a quarter of a pound of washed and dried seeded raisins with an ounce of shelled dried walnuts. Add a tiny pinch of salt, mix well, and shape into a small roll. Cut this in slices.

MERINGUES

Children like meringues as a rule, and there is no reason why they should not be given a hand in making them. With three egg-whites stiffly whisked and six ounces of icing sugar whipped into them, quite a lot of small meringues can be made, and if they are small enough they can be left as they are, like little biscuits. Pink colouring and chocolate flavouring add to the excitement, and those kitchens which possess a heat storage cooker, will find that the baking of these meringues in the slowest oven quite the easiest matter in the world.

NUT BAR

Peel some walnuts, or blanch some almonds, cut them in quarters and measure out six ounces. Butter a shallow pan, and cover the bottom with the nuts. Now melt a pound of sugar as directed under PEANUT NOUGAT (on next page), and pour it over the nuts, marking later into bars.

PEANUT NOUGAT

Shell and roast some peanuts, and measure out a breakfastcupful of them, chopped. Melt a pound of granulated sugar in a heavy pan, stirring continuously until it is a thin syrup. Then add the nuts and a pinch of salt, and stir until the nuts are well coated. Spread them thinly in an ungreased tin, and mark into squares when nearly cold.

NUT BRITTLE

Make as PEANUT NOUGAT, but do not use peanuts only. Use almonds, walnuts or a mixture of nuts instead.

POP CORN

For true excitement the nursery should certainly possess a corn-popper, which you can buy from all stores where they sell American goods. Few things are more delightful than to sit by the fire vigorously shaking the popper and waiting for the popcorn to burst. (The pop-corn, by the way, will also be purchasable from the same store.) When you have put the corn in the popper, you shake it over a low heat until the corn begins to pop; you then shake more quickly until the popping stops. You can either eat the corns as they are with a little salt; or you can dip them in a fondant mixture to sugar them.

RUSSIAN TOFFEE

Put half a pound of lump sugar, a quarter of a pound of butter or good margarine, and a quarter of

a pint of cream into a stewpan, and stir *by the side* of the fire, until the mixture thickens and leaves the sides of the pan. Then flavour with a tablespoonful of red-currant jelly (or a little vanilla essence, though the jelly is better), and pour into a greased tin. Cut it into squares when cold.

STUFFED DATES

A finicky job for little fingers, but good training! If the dates are bought by the pound, wash them first, and then stone them without breaking them too much. You can now stuff them with any of the following: Brazil nuts; broken walnuts, salted almonds, or plain sweet almonds, blanched, for that matter; *glacé* ginger or pineapple cut in strips; or a piece of marshmallow.

After stuffing, they can be rolled, if liked, in castor sugar or in desiccated coconut.

STUFFED PRUNES

See STUFFED DATES (above) for stuffings. If liked, the prunes may be steamed (not cooked in water) until tender before they are stuffed. Roll them in sugar when finished.

TREACLE CANDY

Put a pint of treacle, three-quarters of a pound of brown sugar, two ounces of butter or margarine and a tablespoonful of vinegar into a large pan, and boil until a few drops of the candy harden at once when dropped into cold water. Now stir in a teaspoonful of bicarbonate of soda which you have dissolved in a little

boiling water, and then pour the candy at once into a greased tin. As the edges cool, turn them in with a palette knife or ordinary knife, and as soon as the candy is cool enough to handle, pull it out until it whitens, twist it into sticks, and then cut it in short lengths.

WHITE STRAWBERRY JAM

Here's something for children to make for their own tea; but they must make it themselves, for the joy of seeing a red jam turn white. First whisk together two egg-whites until the white will stand up on the whisk, then mix these with four ounces of strawberry jam and four ounces of red currant jelly, and go on whisking until, unbelievably, the mixture becomes white. Perhaps cousins or friends to tea, and a relay of little arms to do the whisking, is the best time for this experiment.

INDEX

CEREALS, 17

SOUPS

- Apple, 21
- Appledore, 21
- Beetroot, 21
- Brussels Sprouts, 22
- Cabbage, cream of, 23
- Carrot and Tomato, 22
- Cauliflower, 23
- Herb, 23
- Leek and Potato, 24
- Leek, Potato, and Sorrel, 24
- *Minestrone*, 24
- Peasant, 25
- Potato, 25
- Split Pea, 26
- Tomato, 26
- Turnip and Potato, 26
- Vegetable, with Sausage Balls, 26
- Watercress, 27

FISH

- Baker's Cod, 31
- Boiled Fish Cakes, 31
- Cod, Baker's, 31
- Cod's Roe, fried, 31
- Cod's Roe Pie, 32
- Baked, 32
- Box, 32
- Fish Cakes, 33
- Fish Cakes (boiled), 31
- Fricassée, 33
- Pie (1), 34
- (2), 34
- Pudding, 35
- Souchet, 35
- with Spinach, 36
- Herrings, baked, 36
- boiled, 36
- fried, 36
- Kedgeree, 37
- Potato Pastry, 34
- Salmon Loaf, 37

INDEX

FISH (*contd.*)
Scallops, 37
Sole in tiny fillets, 38
Sprats, baked, 38
Whiting, baked, 39

EGGS
Bread Omelette, 43
Country Eggs, 43
Custard, Savoury, 48
Eggs baked in mashed potato, 43
baked in tomatoes, 44
Country, 43
in Bread Sauce, 44
in Potatoes, 45
with Spinach, 45
poached, on Haddock, 45
on Ham, 45
on Tongue, 46
round, 47
Portuguese, 47
Scrambled, in Potatoes, 46
in Tomatoes, 46
savoury, 48
shirred, 49
soft-boiled, 49
with Spinach, 46
Fluffy Egg Nest, 47
Omelette, Bread, 43
Pancakes, Savoury, 48
Portuguese Eggs, 47
Round poached Eggs, 47
Savoury Custard, 48
Pancakes, 48
Scrambled Eggs, 48
Scotch Woodcock, 48
Shirred Eggs, 49
Soft-boiled Eggs, 49

MEAT
Apples with Bacon, 53
Bacon with Apples, 53
with Bananas, 53
Bananas with Bacon, 53
Beef, grilled, 54
home-made potted, 54
Chops, stuffed, 59
Cornish pasty, 53
Dumplings, Liver, 55
Hamburgers, 54
Home-made potted beef, 54
Liver Dumplings, 55
Meat Puddings, 55
Mutton Stew (1), 56
(2), 56
Pasty, Cornish, 53
Pie, Squab, 58
Rabbit and Macaroni Pie, 57
Casserole, 57
Rice, Savoury, 58
Sausages in Potatoes, 57
Savoury Rice, 58
Squab Pie, 58

INDEX

EGGS (*contd.*)
Stuffed Chops, 59
Toad-in-the-Hole, 59

VEGETABLES
Baked sliced Potatoes, 63
Brussels Sprouts Mould, 63
Bubble and Squeak, 63
Cabbage Hot Pot, 64
Carrot Pudding, 64
Sandwiches, 64
Carrots, 65
Hominy, 65
Cakes, 66
Mock Whitebait (vegetable marrow), 66
Potato balls, 66
Cakes, 66
Casserole, 67
Dumplings, 68
Loaf, 68
Purées, 68
Potatoes and Onions (1), 69
(2), 69
baked, sliced, 63
in white sauce, 69
stuffed, 71
with Bacon, 70
Bread Sauce, 70
Lemon, 70
Spinach Pancakes, 71
Spring Greens, 71
Stuffed Potatoes, 71
Swedes, fried, 72
Parsnips and Carrots, 72
Tomato and Onion Pie, 72
Jelly, 73
Watercress, 73

PUDDINGS
Apple and Greengage mould, 77
Charlotte, 77
Pudding, baked, 79
Snow, 78
Apples, baked, 78
with Marmalade, 78
buttered, 78
Lexington, 86
with Blackberries, 81
with Chocolate, 79
with Cinnamon, 83
with Tapioca, 79
Baked Apple Pudding, 79
Banana Sweet (1), 80
(2), 80
Toad-in-the-Hole, 80
Bananas with Chocolate Sauce, 80
with Poached Eggs, 81
Blackberry Apples, 81
Bread, Sweet, Slices, 92
Carrot Pudding, 81

INDEX

PUDDINGS (*contd.*)
Cherry Pudding (batter), 81
Chocolate Custard, 82
Mousse, 82
Pudding, 82
Rice Pudding, 82
Cinnamon Apples, 83
Convent Pancakes, 83
Date Pudding, 83
Date and Potato Pudding, 88
Dumplings, Pear, 87
Eve's Pudding, 84
Fig Pudding (Creole), 84
Floating Island ,84
Ginger Pudding, 85
Guard's Pudding, 86
Honey Tart, 85
Jellies, Milk, 86
Lemon Curd Roly-poly, 85
Lexington Apples, 86
Milk Jellies, 86
Mocked Poached Eggs, 87
Pancake, Torn, 95
Pear Dumplings, 87
Pears, buttered, 87
with Chocolate Sauce, 87
Potato and Date Pudding, 88
Potato Cakes, 88
Fritters, 88
Mould, 89
Roll, 89
Rhubarb, baked, 90
tart, 90
Roly-poly, baked, 90
Roxbury Pudding, 91
Snowballs, 91
Snow Pancakes, 91
Sweet Bread Slices (1), 92
(2), 92
Tapioca with Fruit, 92
Toffee Apple Dumplings, 93
Pudding, 93
Torn Pancake, 93
Treacle Tart, 94

THE LITTLE INVALID
Soup
Beef Tea (raw), 97
(strong), 97
(for a convalescent), 98
Chicken Broth, 98
Mutton Tea, 99
Eggs
Children's Omelette, 99
Egg, coddled, 99
in Gravy, 99
Swiss, 100
Whip, 100

INDEX

Fish
Fish Custard, 100
Fillets, 101
Meat
Beef Jelly, 103
Beef Tea Custard, 101
Chicken Custard, 101
Fillets, steamed, 102
Chop, steamed, 102
Cutlet, steamed, 102
Vegetables
Potatoes, 103
Puddings
Baked Custard Pudding, 103
Milk Jelly, 104
Milk Puddings, 103
Beverages, etc.
Apple water, 104
Barley Water, 104
Frothy Lemon Drink, 105
Honey Posset, 105
Lemonade, 105
Lemon Drink, frothy, 105
Tomato Drink, 105
Treacle Posset, 105

SWEET MAKING
Almond Toffee, 109
Butterscotch, 109
Candied Orange Peel, 110
Chocolate Almonds, 110
Creams, 110
Fudge, 111
Orange Peel, 111
Peppermint Creams, 111
Cream Toffee, 112
Crystallized Mint Leaves, 112
Dates, stuffed, 116
Fondant (uncooked), 112
Frosted fruit, 112
Fruit Bars, 113
frosted, 112
Pastilles, 113
Roll, 114
Meringues, 114
Mint Leaves, Crystallized, 112
Nougat, Peanut, 115
Nut Bar, 114
Brittle, 115
Orange Peel, Candied, 110
Chocolate, 111
Peanut Nougat, 115
Pop Corn, 115
Prunes, Stuffed, 116
Russian Toffee, 115
Stuffed Dates, 116
Prunes, 116
Toffee, Almond, 109
Cream, 112
Russian, 115
Treacle Candy, 116
White Strawberry Jam, 117